

Concerning Social Media Posts Workshop

June 8, 2022 10am-11:30am PT



Host

[Amanda Gaston](#)

Guest Speakers

[Colbie Caughlan](#)

[Stephanie Craig Rushing](#)

[Tommy Ghost Dog](#)

[Jane Manthei](#)

[Asia Brown](#)

Objectives

By the end of today's session, you will be able to...

- identify yourself as an Askable Adult
- plan how you will support youth when they see or post concerning messages online

Stay connected

- [Upcoming Community of Practice Sessions](#)
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Speaker Resources

- [Concerning Social Media Posts Workshop Slides](#)
- [Concerning Social Media Posts Workshop Recording](#)
- [THRIVE Linktree](#)
- [NPAIHB Social Marketing Campaigns](#)
- [WeRNative](#)

Chat links:

- [Anonymous Q&A Jamboard](#)
- [Crisis Textline 50 State Report](#)
- [Mentimeter Activity](#)
- [Circle of Trust Activity](#)
- [Training Feedback Survey](#)

Chat feed (participant personal information has been removed)

- 10:03 AM - Jane: To all the Traveses attending today's call: please don't forget to rename yourselves! 😊
- 10:06 AM - Jane: https://jamboard.google.com/d/1lpeqnUz3XBvZZPwGBU_HA8NQwjBHssMooWeYDtIWRLk/edit?usp=sharing
- 10:08 AM - Eva, Resource Basket, she/her: Eva: Inupiat Resource Basket, she/her, mother and grandmother
- 10:08 AM - Kelly R.: Kelly R.
She/Her
Navajo/Acoma Pueblo
Inter Tribal Council of Arizona
- 10:08 AM - Maleah: I'm hoping to learn how to help kids feel more comfortable coming to me when they see things that scare them or make them worried online
- 10:08 AM - Stephanie: Stephanie Craig Rushing (she/her) Adolescent Health, scraig@npaihb.org
- 10:08 AM - Melanie: Good Morning Everyone! Melanie, Navajo, Prevention Educator at Capacity Builders in Farmington NM!
- 10:08 AM - Cassie: Cassie (she/her) Inter Tribal Council of Arizona Social Media Manager. Hoping to learn info to share with youth via social media!
- 10:08 AM - Chris she/her: Hi Everyone! Chris with UTHealth Houston TX
- 10:08 AM - Rebecca: Rebecca (she/hers) I'm a youth social worker with the Oneida Nation in WI, I hope to pick up some new ideas and ways of working with the youth in our community.
- 10:09 AM - Colbie (she/her): Colbie Caughlan (she/her), THRIVE suicide prevention, ccaughlan@npaihb.org
- 10:09 AM - Amiyah: Amiyah, Native American Community Services she/her I am hoping to learn more about social media use when collaborating with/inside indigenous spaces
- 10:09 AM - Cody (He/Him): Cody, He/Him/His, Lost&Found in Sioux Falls, SD.
- 10:09 AM - Claire: Hi y'all! I am Claire (she/her). I am an intern with CPRIT/ UTHealth Houston TX
- 10:09 AM - Gina: Hi! I am Gina (she/her) and I work at the Santa Ynez Tribal Health clinic on the Chumash Rez. For work a support the AHO Youth Council : native youth working on suicide prevention.
- 10:09 AM - Cheryl: Hi everyone!
- 10:09 AM - Lisa: Hi my name is Lisa. I work for the San Pasqual Education Dept. also I'm from the San Pasqual Indian reservation.

10:09 AM - Cheryl: Cheryl

10:09 AM - Carrie: Carrie - Youth Activities Specialist and Bishop Tribal Youth Council Advisor at the Bishop Indian Education Center - Bishop Paiute Tribe

10:09 AM - Frankie B.: Frank B., Resilient Alaska Youth AmeriCorps Member, Native Village of Saint Michael, Alaska

10:09 AM - Lisa: Lisa Tulalip Tribes Positive Youth Development School Advocate

10:10 AM - Michelle (she/her) - NPAIHB: Good day to all! Michelle Singer (she/her | Navajo), Healthy Native Youth Project Manager/Adolescent Programs Team. I'm hoping to hear from all about how HNY can support educators and caring adults for our youth!

10:10 AM - Maleah: Maleah, Tlingit, she/her. I am the project coordinator for the THRIVE Suicide Prevention Project at the Northwest Portland Area Indian Health Board.
mnore@npaihb.org

10:10 AM - Asia: Asia Brown(she/her)
Choctaw Nation of OK
Sexual Health Communications Specialist
WYSH project (NPAIHB)

10:10 AM - Roger: Roger Peterson - Siletz - Text Messaging Specialist - rpeterson@npaihb.org

10:10 AM - Staci: GM! Staci from Iliamna, Ak, program coordinator with RuralCap. Hoping to learn how to support our youth.

10:11 AM - Leanne (she/her): Hi everyone, my name is Leanne I use she/her pronouns. I'm in Anchorage AK working as an AmeriCorps VISTA for the Elder Mentor Program of Alaska. I would like to learn more about healthy use of social media.

10:11 AM - Kitty: Kitty - Nebraska Indian Child Welfare Coalition- Joining from Sioux City, IA.

10:11 AM - Jane: Jane Manthei, she/her
Healthy Native Youth Communications Specialist
jmanthei@npaihb.org
Hoping to learn to support youth on and with social media!

10:11 AM - Shelbi: Shelbi Tulalip tribes a youth advocate within positive youth development
happy to be here

10:11 AM - Amie: Amie she/her, Director of Teaching & Learning for Lakewood School District

10:13 AM - Eva, Resource Basket, she/her: I do get worried because I feel like I do not have all the right words or language when I see those posts.

10:13 AM - Lesley: Les, He/Him, Riverside San Bernardino County Indian Health, Inc. (RSBCIHI) Behavioral Health Services Department Zero Suicide Initiative Project Coordinator

10:13 AM - Jane: I love the honesty! It's hard to see someone struggling and it can be scary if you don't know what to do

10:14 AM - Cheryl: Cheryl (she/her) Navajo, CIS, Navajo Department of Health. I am hoping to learn more on how to support youth on SM.

10:14 AM - Jane: Having a protocol in place or even just knowing what resources you can share really helps with that feeling of uncertainty

10:15 AM - Amrita: Hi everyone, Amrita, Project director Native it's Your Game, UT health Houston .Excited for today's session !

10:21 AM - Eva, Resource Basket, she/her: The reply of You Got This is so scary! When I see this I am thinking, no they do not got this. I see it as a cry for help.

10:29 AM - Amanda (she/her): 50 State Report: <https://www.crisistextline.org/united-in-empathy-2021-report/>

10:32 AM - Colbie (she/her): Please NOTE that this is NOT for people who have texted NATIVE or INDIGENOUS in to the Crisis Text Line, this is anyone who disclosed being AI/AN regardless of which key word they texted in to.

10:33 AM - Amanda (she/her): <https://www.menti.com/cqvcqfoxxt>

10:36 AM - Shonta: All the TikTok challenges and loneliness

10:37 AM - Lisa: pandemic we just went through is a big thing

10:37 AM - Lesley: Sorry everyone I have to run to facilitate a suicide prevention skills training. Grateful to have joined the first half of today's zoom. Take care everyone!

10:37 AM - Eva, Resource Basket, she/her: ldk how to get to this menti board.

10:38 AM - Lisa: Disrespect for elders

10:38 AM - Eva, Resource Basket, she/her: Comparison of life and materialistic things.

10:40 AM - Gina: Sounds like an awesome text service!

10:40 AM - Jane: If you think of more responses or you were unable to use the mentimeter, feel free to continue putting your answers here in the chat! Thank you to those who have already shared

10:40 AM - Lisa: Sorry camera off and on cause I am at my school and students coming in for lunch soon I will be listening still though

10:41 AM - Ross: Nice promo vid :)

10:42 AM - Eva, Resource Basket, she/her: See youth post about their situations while saying I am struggling then their friends post a comment "You got this!" NO! If they had this they would not be posting in such a way that screams for help.

10:42 AM - Maleah: ^^^

10:45 AM - Jane: Offering encouragement is only a step in the process - as askable adults our job is to help struggling youth get the help they need.

They might not know who to call or where they can go but we can point them in the right direction

10:47 AM - Jane: I really liked what Colbie said earlier - we want youth to know that they can talk to us. We don't want youth to feel like they can only lean on each other

10:50 AM - Jane: Circle of Trust:
<https://www.healthynativeyouth.org/wp-content/uploads/2022/01/Circle-of-Trust-Activity.pdf>

10:52 AM - Eva, Resource Basket, she/her: Did I freeze? Or?

10:53 AM - Eva, Resource Basket, she/her: BRB

10:53 AM - Christine: I'm so sorry to have to do. A recording will be sent out?

10:54 AM - Michelle (she/her) - NPAIHB: Yes! It will be on the Healthy Native Youth website!

<https://www.healthynativeyouth.org/wp-content/uploads/2022/01/Circle-of-Trust-Activity.pdf>

10:55 AM - Amanda (she/her): Thanks Christine!

10:58 AM - Melanie: awesome video :)

11:04 AM - Michelle (she/her) - NPAIHB: An Lakota Elder from Standing Rock told me once, "You have to get through the hurt to get to the healing." So true...

11:05 AM - Lisa: I feel part of healing is helping others that are also going through something

11:06 AM - Avreayl: This is GREAT WORK! So glad to be here today and be learning about it.

11:09 AM - Lisa: What I do is let them know I am here for them and don't ever make them feel like I am above them and I am at there level.

11:09 AM - Amanda (she/her): I love that Lisa. :)

11:10 AM - Amanda (she/her): No straight lines! Ha.

11:11 AM - Jane: Question for the chat - how do you let youth know that you're an askable adult?

11:11 AM - Jill Granger: Baamaapii/See you later! Need to leave early for client appointment. Thank you!!

11:11 AM - Amanda (she/her): Thanks Jill!

11:11 AM - Maleah: Lead by example

11:12 AM - Amanda (she/her): Agreed Tommy and I think that's what Lisa was getting at too. We're all the same...just different ages. :)

11:13 AM - Lisa: Engage in a conversation in something that they like.

11:14 AM - Amanda (she/her): Absolutely! Relevancy is KEY to engagement. :)

11:15 AM - Lisa: Yes we have all been through things that all relate an when you approach a youth like your above them they shut down

11:16 AM - Michelle (she/her) - NPAIHB: In my experience, becoming and being an askable adult is grounded in humility. We are all imperfect human beings and are flawed. Being present with youth and others, we need to embrace the fear, be of service and lead by example as we can be there for each other as we navigate life and hope for our children with our youth together. It's the circle of life: youth, adult, elder in a circle.

11:16 AM - Kelly R.: For those of us who are mandated reporters, this is a fine line with trust and safety.

11:16 AM - Tommy: And sometimes they just want someone to listen to them

11:17 AM - Randy: Thank you for saying that, askable adult / person to others . don't talk yourself out of it!! hit it spot on.

11:17 AM - Jane: Even just being there to listen to them you means that you're caring for them!

11:17 AM - Amanda (she/her): Thanks Jane for sharing. That story really drives home the importance of committing to being that person for youth...

11:17 AM - Amanda (she/her): Asia, your earrings are popping!

11:18 AM - Shonta: I like to Start with teaching:
good morals and respect for themselves and others!

11:18 AM - Jane: @Asia, I was 24 when that happened lol. I was afraid of being too young to be the askable adult

11:18 AM - Lisa: That energy feeling in a room or approaching someone is so real ❤️

11:20 AM - Maleah: And expressing that idea of if I don't have the answer, I'll figure it out with you

11:20 AM - Eva,
Resource Basket,
she/her: ^^^^^^

11:21 AM - Jane: Training feedback:
https://www.healthynativeyouth.org/training_feedback/

11:22 AM - Colbie
(she/her): I am so sorry that your daughter went through that, and what a great thing for her to hear from you. Thank you for sharing about that hard time.

11:23 AM - Lisa: 🙏

11:23 AM - Asia: So powerful!!

11:24 AM - Kelly R.: so powerful Eva, thank you sharing. Nothing feels more helpless than watching our children hurt and we cannot do anything about it

11:24 AM - Jane: Thank you Eva

11:24 AM - Michelle
(she/her) - NPAIHB: Eva, you are leading by example! Ahe'hee!

11:24 AM - Lisa: Thank you for letting me join there is so much of this going around because of our youth coming out of this pandemic we just had

11:26 AM - Kelly R.: Yes

11:26 AM - Lisa: I am dealing with the depression and anxiety with my teenage son and not knowing how to deal with life after this Pandemic sorry I would talk but room full of kids. I told my son that we are going through this together like Eva said we are a big family

11:26 AM - Amanda
(she/her): It's a power imbalance when it comes from that space.

11:26 AM - Jane: It's been a really tough time, yeah. A lot of people are struggling but these conversations help us. Even just being here today is healing and grounding - because we're reaching out to each other

11:27 AM - Avreayl: Thank you all for all your sharing and being present to day.

11:28 AM - Michelle
(she/her) - NPAIHB: This was a powerful Community of Practice and I am so happy to have you all here today! Thank you for what you are doing in your communities and also for a willingness to learn with us today! We are all in this together!

11:28 AM - Maleah: D

11:28 AM -
Stephanie: d - this is hard, but I can do this

11:28 AM - Lisa: C. I've been worried about.

11:28 AM - Cody
(He/Him): D.-Okay, this is hard, but I can handle this.

11:28 AM - Claire: d

11:28 AM - Chris she/her: d. Thank you so much for the great advice and sharing 🙌

11:28 AM - Rebecca: D

11:28 AM - Lisa: d

11:28 AM - Leanne (she/her): D

11:28 AM - Cheryl: D

11:28 AM - Venassa: d

11:28 AM - Eva, Resource Basket, she/her: D

11:29 AM - Courtney: D

11:29 AM - Michelle (she/her) - NPaiHB: D

11:29 AM - Shonta: D

11:29 AM - Carrie: D

11:30 AM - Jane: <https://www.npaihb.org/social-marketing-campaigns/>

11:30 AM - Jane: <https://www.wernative.org/>

11:30 AM - Jane: <https://www.healthynativeyouth.org/>

11:31 AM - Jane: These three sites host all of the materials we've shared today - be sure to click around and explore when you've got the time!

11:32 AM - Vurlene: thank you... have a great day! :)

11:32 AM - Maleah: <https://linktr.ee/npaihbthrive>

11:32 AM - Asia: I will have to hop off, but thank you everyone for letting me be here and for sharing 😊 I always super appreciate being in this space with and given the opportunity to learn from you all ❤️

11:32 AM - Asia: ambrown@npaihb.org

11:34 AM - Cheryl: Thank you. I enjoyed the workshop today!

11:34 AM - Lisa: Thank you very much, Everyone have a blessed day!

11:36 AM - Hayden: Thank you all so much. Great information!!!